

CLAIMS:

1. A bruxism appliance comprising a molded polymeric base for placement on a patient's upper or lower dentition, the molded polymeric base including an abradable overlayer on the appliance, the overlayer being a different colour to the polymeric base whereby use of the appliance by a patient indicates the degree of bruxism by the patient by abrasion of the overlayer.
2. A bruxism appliance as in claim 1 where the molded polymeric base is selected from any one of or a combination of acrylic resin or plastic.
3. A bruxism appliance as in claim 1 wherein the abradable overlayer is selected from any one of or a combination of an acrylic resin, natural resin or composite.
4. A bruxism appliance as in claim 1 wherein the overlayer has a hardness softer than the molded polymeric base.
5. A bruxism appliance as in claim 4 wherein the overlayer includes an acrylic resin blended with a titanium oxide pigment.
6. A bruxism appliance as in claim 1 further comprising a pH indicator bound to the appliance for indicating the pH of a patient's mouth during use of the appliance.
7. A bruxism appliance as in claim 6 wherein the pH indicator is incorporated into the abradable overlayer or chemically or mechanically fixed to the appliance.
8. A method of coating a bruxism appliance comprising applying an abradable overlayer to a polymeric base of the bruxism appliance by any one of or a combination of painting or spraying and the abradable overlayer is selected from any one of or a combination of an acrylic resin, natural resin or composite material.

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